

# Summer mental health care is available with **Cartwheel**

**Summer is a great time to support your child or teen's mental health, and Cartwheel is here to help!**

## **Cartwheel CARE**

Our standard services – including individual therapy, parent guidance, psychiatric evaluation and medication management – continue over the summer. **Students and families in care are able to continue to work with us over the summer months.**

## **Cartwheel BRIDGE**

For students who thrive with school-based supports but may need extra help over the summer, **Cartwheel is here to provide interim support with the goal of a smooth transition back to school in the fall.**

## **Cartwheel SUMMERSAULT**

After engaging in therapy, sometimes it can be helpful to check back in. **With Cartwheel Summersault, students and families can be re-referred to Cartwheel for extra support and a skills refresh.** Return-to-care may range from a few sessions to the full summer or longer. We work with families to determine what works best.



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Request a referral to Cartwheel by scanning the QR code or [clicking here](#).

Or speak with a member of your school counseling or social work team to learn more.



## Cartwheel services:

Virtual therapy makes it easier for students and families to speak with licensed clinicians. All of our services are offered via telehealth with licensed clinicians. Sessions are private and confidential and can be joined via computer, tablet, or smartphone.

### Direct referrals to:

- 1-1 evidence-based therapy (grades 3-12)
- 1-1 parent guidance (PreK-12)

### Internal referrals to:

- Psych consultations & medication management
- Family therapy
- Intensive outpatient and partial hospitalization partners

### Support services:

- Care coordination
- Webinars
- Referrals to other providers if needed

### Cartwheel's services are designed for students who struggle with:

- Anxiety
- Stress
- Depression
- Loss and grief
- Identity
- Self-esteem
- Self-harm
- Anger
- Sadness
- Coping
- School avoidance
- Motivation
- Executive functioning
- Social difficulties
- Relationships
- Family issues
- Trauma
- Sleep issues
- Technology use
- And more...

### How much does Cartwheel cost?

- Cartwheel is covered by most insurance plans.
- Standard co-pays and deductibles apply.
- Out-of-plan payment options available.
- Families with Medicaid or no insurance have \$0 out-of-pocket costs.
- Before your first appointment, our Care Coordination team will provide a cost estimate so you know what costs to expect.

## Questions?

To learn more about Cartwheel or to inquire about services, speak with a member of your guidance, counseling, or social work team. After you've been referred - you can email [office@cartwheelcare.org](mailto:office@cartwheelcare.org) or call/text us at (617) 272-7439.



Learn more:

[www.cartwheel.org](http://www.cartwheel.org)

